

The Inspiration * Motivation * Application, IMA Company focuses on being positive and helps individuals to be positive by providing tools and strategies to help maximize everyone's potential. We will help you and your staff get focused, centered and stay on track.

IMA is a small company, but delivers a **big punch** with innovative approaches that will help you and your organization with the 3 H's HEALTH, HAPPINESS and HARMONY! You and your staff will work better, be happier and accomplish more in a day's work.

Confucius once said: "Choose a job you love and you will never have to work a day in your life."

We serve the following groups:

- Students
- Counselors
- Medical Staff
- Civic Organizations
- Para-Professionals
- Parents
- Teachers
- Businesses
- Government Agencies
- Auxiliary Staff
- Support Services

These are some workshops that IMA has developed to help individuals work in a more harmonious environment:

FRW, Frequently Requested Workshops:

- **Change**-Accepting, respecting and moving forward with a positive attitude
- **Customer Service/Customer Care**-Serving others is key to the success of any organization
- **Team Building**- Cooperation, Collaboration and Culture
- **Building an MVB**- Mission/Vision Board; Working with long and short term goals for the future (great for athletic teams too)
- **Leadership and Legacy**- How to help develop top notch leaders
- **Harmony in the Workplace**- Bloom where you are and be more productive
- **Parent Workshops**-Become involved and engaged with your child's education- K-16
- **Brain functions**- Balance your brain, balance your life
- **Healing and Transformation**- Working with body, mind spirit practices for wellbeing
- **Sub-Personalities**-Understanding ourselves and others for a better working environment
- **Laughter Yoga**- Scientific research findings are amazing and we are sure to be more productive when we laugh



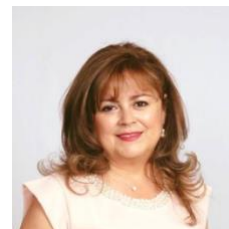
we **inspire** you ★ we **motivate** you ★ and give you **tools** for your future

These workshops are used in a team building setting: (you can mix and match topics)

- Communicating Effectively
- Develop/Maintain a Positive Attitude in the Workplace
- Dealing with Conflict in a Positive Way
- Being Accountable
- Be a Better Employee-Health, Attitude and Love for the Work I Do
- Legacy-What I say and what I do will have an impact on how I would be remembered
- Values in the workplace begins with the three R's- Respect- Responsibility-DiveRsity
- Understanding Birth Order to be able to get along best with others
- Visioning®-Designing your organizations future

- o THINK TANKS: This retreat is all about taking the organization to the next level. Participants will be guided to maximize their thinking potential.
- o RETREATS (Name your topic and we can deliver virtually)
- o INDIVIDUAL CONSULTATIONS via Zoom and in person when applicable

Let us help you with your next staff development workshop, student presentations or one on one counseling services.



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